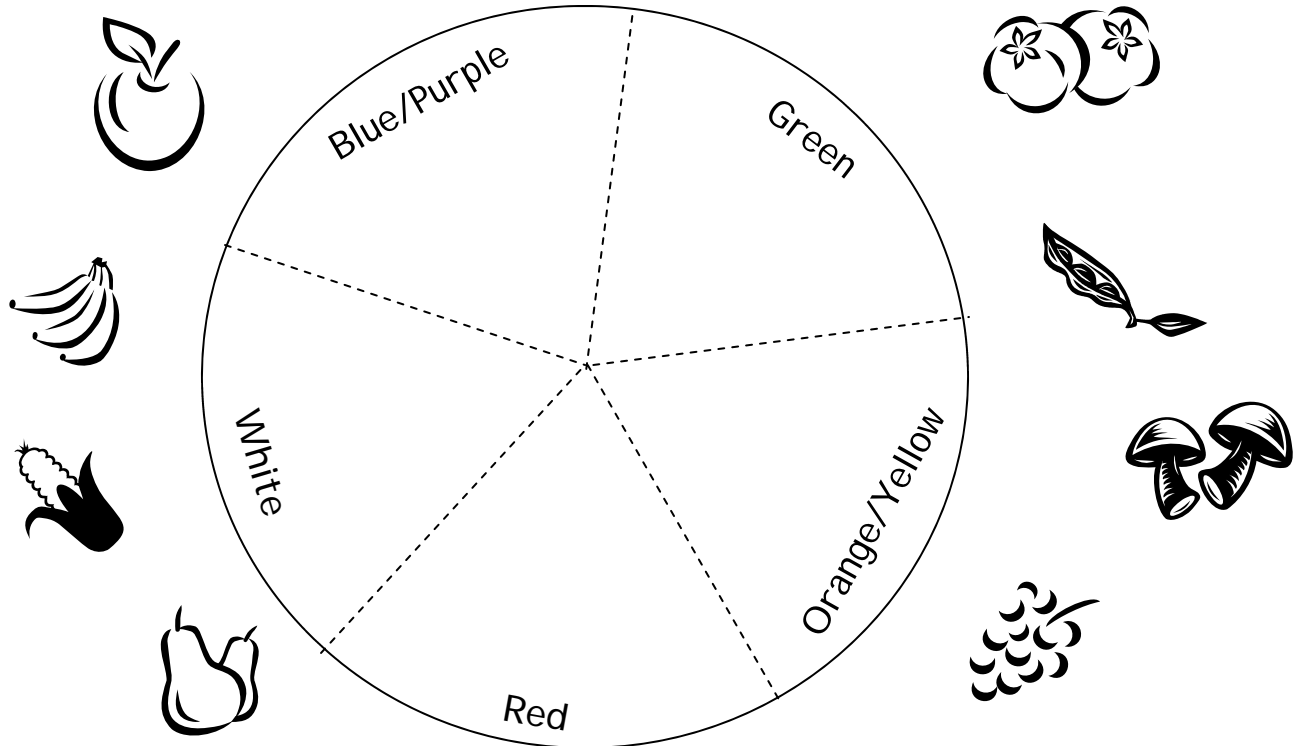


Fruits & Vegetables

# Colorful Plate

Name: \_\_\_\_\_

1. In the circle below draw a picture of one fruit you can eat for breakfast (make sure you draw it in the right color).
2. Draw another picture of a vegetable you can eat for lunch (try to choose a different color).
3. Draw pictures of a fruit and a vegetable that you can eat for dinner.
4. On the lines below the circle, write the name of one or more fruits and vegetables you can eat that match the color listed.



Red \_\_\_\_\_

Orange/Yellow \_\_\_\_\_

Green \_\_\_\_\_

Blue/Purple \_\_\_\_\_

White \_\_\_\_\_

Eat lots of colorful fruits and vegetables every day to stay healthy, grow up strong, and feel your best!

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 1st—A Colorful Plate*

# Eat Smart Be Smart